

hawaiian lomi lomi massage

with zanna parkinson



Authentic lomi lomi massage is traditionally a long oil massage where the practitioner uses their hands, forearms & sometimes elbows. It is given with the practitioner's full focus in the Hawaiian spirit of aloha, harmonizing the mind body & spirit. With long rhythmic strokes that vary in depth and intensity and continuous movement around the body, lomi lomi is flowing and dynamic - it clears, nurtures, relaxes and is highly beneficial to the muscular, circulatory, lymphatic, immune and digestive system. This massage creates a sense of well being, raises your self esteem, bringing the joy of life to your body and a feeling of peace to your mind. For more information please see www.HunaQuest.com

Also available **Hawaiian Lomi Lomi Massage for Pregnancy**. This is a one hour gentle but effective massage for the mother to be.

"Whether it is relaxation of your mind or your muscles that you're after, you simply have to try a Lomi Lomi massage..... Not only did I feel pampered, but by the time it was over, there wasn't a single knot in sight" - Women's Fitness Magazine

"Surely one of the most beautiful massages I've ever had! Zanna has to be one of London Towns finest masseuses. She knows the body as One, not as a sum of parts. Her long strokes remind you that the head, torso & limbs are all connected & the mind, body & spirit are all weaved together to create a marvellous beautiful YOU." - Wellbeing Magazine

Zanna Parkinson has been involved in the mind, body spirit field for more than 20 years. She originally learnt about lomi lomi massage and the Hawaiian philosophy behind it on the Big Island, Hawaii in 2004. Since then she has studied lomi lomi with several teachers and continues to expand her awareness and knowledge. Zanna has also studied anatomy & physiology and holistic massage gaining her ITEC qualifications with merit.

price: Hawaiian Lomi Lomi Kahuna Massage 90 min | £95 (please allow 2 hours)
Hawaiian Lomi Lomi for Pregnancy 60 min | £65
Holistic/Swedish Massage 60 min | £65
Back, Neck + Shoulder Massage 30 min | £35

availability: Thursdays, 5-9pm and on-call

to make an appointment: Please call *evolve* at 020 7581 4090

treatments 